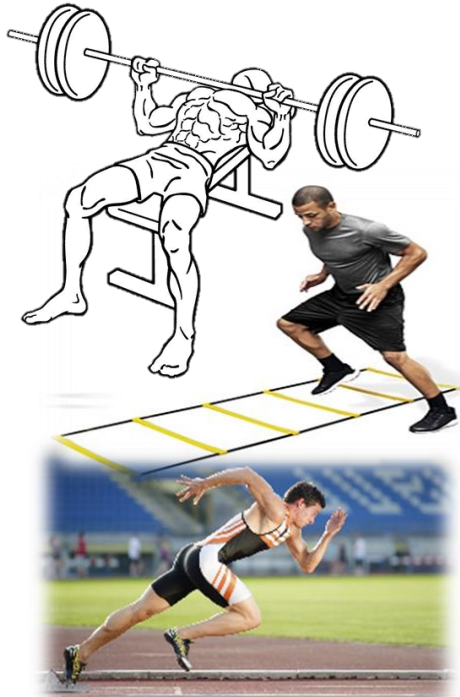




# 2018 Foster 7-12th Grade ALL-MALE-SPORTS Summer Strength and Conditioning (SAC) Camp



**WHERE:** FOSTER FIELD HOUSE AND FIELDS

**WHEN:** JUNE 18- JULY 19 (5 weeks)  
\*Off Wed, July 4<sup>th</sup> and Thurs, July 5<sup>th</sup>  
MON-THURS. OFF FRIDAYS

**TIME:** 8:00 AM -10:00 AM

**INSTRUCTORS:** FOSTER COACHING STAFF

**COST: \$50.00 (Checks payable to FHS #14 or CASH). Price includes 18 training sessions.**

**WHAT TO BRING:** Wear shorts, t-shirt, running shoes, and bring a positive attitude. Water will be provided (you may bring a water bottle with you).

**BE SURE TO EAT BREAKFAST AT LEAST 30 MIN BEFORE!**

- ✓ Open to All Sports!
- ✓ Get in Shape for Fall!
- ✓ Get Faster!
- ✓ Get Stronger!
- ✓ Get Quicker!
- ✓ Guys only
- ✓ Contact Coach McDowell for more information:  
semcdowell@lcsd.org  
832-223-3963

**PLEASE RETURN THIS FORM TO:**

SHAUN MCDOWELL  
FOSTER HIGH SCHOOL

4400 FM 723

RICHMOND, TX 77406

**(OR BRING IT WITH YOU TO CAMP.)**

ATHLETE'S NAME: \_\_\_\_\_

EMERGENCY NUMBER: \_\_\_\_\_

CURRENT PHYSICAL:       YES OR NO      

2018-2019 SCHOOL YEAR GRADE: \_\_\_\_\_

I hereby authorize the directors of the Foster High School SAC program to act for me in accordance with their judgement in any emergency requiring medical attention, I further waive and release the camp, staff members and the L.C.I.S.D. From liability for damages from injuries or illness. I know of no mental or physical condition which may affect my child's ability to participate in the camp.

PARENT'S SIGNATURE: \_\_\_\_\_

**"THIS ORGANIZATION AND ITS ACTIVITIES ARE NOT RELATED TO OR SPONSORED BY LAMAR CISD."**